

Water Safety Tips for Summer

It only takes a moment. A child or weak swimmer can drown in the time it takes to reply to a text, check a fishing line or apply sunscreen. Death and injury from drownings happen every day in [home pools and hot tubs](#), at the [beach or in oceans, lakes, rivers and streams](#), bathtubs, and even buckets.

85% of Americans say they can swim.



But...

only slightly more than half of Americans can perform all of the 5 basic skills that could save their life in the water.

Only **56%** can perform all 5 of these basic water safety skills.



1. Step or jump into the water over your head.
2. Return to the surface and float or tread water for one minute.
3. Turn around in a full circle and find an exit.
4. Swim 25 yards to the exit without stopping.
5. Exit from the water. If in a pool, be able to exit without using the ladder.

Water competency is a way of improving water safety for yourself and those around you through avoiding common dangers, developing fundamental water safety skills to make you safer in and around the water, and knowing how to prevent and respond to drowning emergencies. Water competency has 3 main components: water smarts, swimming skills and helping others.

<h3>Swimming Skills</h3> <p>Learn how to perform these 5 skills in every type of water environment that you may encounter:</p>	<h3>Water Smarts</h3> <p>Take these sensible precautions when you're around water (even if you're not planning to swim):</p>	<h3>Helping Others</h3> <p>These actions will help your family avoid emergencies - and help you respond if an emergency occurs:</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Enter water that's over your head, then return to the surface. <input type="checkbox"/> Float or tread water for at least 1 minute. <input type="checkbox"/> Turn over and turn around in the water. <input type="checkbox"/> Swim at least 25 yards. <input type="checkbox"/> Exit the water. 	<ul style="list-style-type: none"> <input type="checkbox"/> Know your limitations, including physical fitness, medical conditions. <input type="checkbox"/> Never swim alone; swim with lifeguards and/or water watchers present. <input type="checkbox"/> Wear a U.S. Coast Guard approved life jacket appropriate for your weight and size and water activity. Always wear a life jacket while boating, regardless of swimming skill. <input type="checkbox"/> Swim sober. <input type="checkbox"/> Understand the dangers of hyperventilation and hypoxic blackout. <input type="checkbox"/> Understand and adjust for the unique risks of the water environment you are in, such as: <ul style="list-style-type: none"> <input type="checkbox"/> River currents <input type="checkbox"/> Ocean rip currents <input type="checkbox"/> Water temperature <input type="checkbox"/> Shallow or unclear water <input type="checkbox"/> Underwater hazards, such as vegetation and animals 	<ul style="list-style-type: none"> <input type="checkbox"/> Paying close attention to children or weak swimmers you are supervising in or near water. <input type="checkbox"/> Knowing the signs that someone is drowning. <input type="checkbox"/> Knowing ways to safely assist a drowning person, such as "reach or throw, don't go". <input type="checkbox"/> Know CPR and first aid.

source: <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html>

<h2>Learn More</h2>	<p>Links to Useful Water Safety Topics:</p>
<ul style="list-style-type: none"> • Red Cross Water Safety • Drowning is Preventable • National Drowning Prevention Alliance • Seattle Fire: Water Safety Tips 	